



Updated Guidance for Quarantine following a COVID-19 Exposure

Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others and monitor their health.

The Centers for Disease Control and Prevention (CDC) and Arizona Department of Health Services (ADHS) recently updated their quarantine guidance. Updated guidance is available here:

(<https://www.azdhs.gov/documents/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/novel-coronavirus/public-resources/release-from-isolation.pdf>)

What is the new guidance?

While a 14-day quarantine is still recommended, some individuals who remain asymptomatic may be eligible to shorten the 14 day quarantine period. According to the updated guidance, quarantine can end after 10 days without a coronavirus test. Or it can last seven days if someone obtains a negative test result, which they're advised to get as early as day five of quarantine. People should watch out for symptoms for 14 days after quarantine.

The two avenues for a shorten quarantine: a non-testing strategy and a testing strategy are described on pages 2-3 of the ADHS guidance. It is important to note that this only applies to individuals who do not live in a congregate setting.

COVID-19 Information Line: 928- 679-7300

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